

(LCN Connections Issue 18 – October 2016)

## THE MYSTERY OF WORDS: THE RIBLE EFFECT

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In June of 2016, I was at The Monroe Institute, attending the maiden voyage of program called Journeys: A Voyage to Happiness. Bob Holbrook, assisted by Patty Ray Avalon, led the group on a most divine journey to happiness. It was a fantastic program—one that I would love to attend again. One of my fellow participants was Fred Rible from California. Not only is Fred an Outreach Facilitator and a Residential Trainer for TMI, he is also a member of TMI's Board of Directors. I began reminiscing about the first time I met Fred Rible.

In March of 2011, the Local Chapter Network (LCN) held a retreat at TMI's headquarters in Virginia. Just before the retreat began, I was sitting at the table adjacent to the Fox Den at the Nancy Penn Center, speaking with many of the people who were arriving for the event. This is when I met Fred.

Fred introduced himself and asked if I was Candie Sanderson. When I replied in the affirmative, I watched him reach into his pocket for his wallet and then pull out a tattered piece of paper that he then handed to me. It seems that we both belonged to a TMI graduate internet group that often shared group meditation experiences. I was so surprised that one of my meditation experiences touched him in such a way that he printed the message and carried it with him. Here is the message in its entirety:

**Meditation, Tuesday 6 January 2009 – Candie Sanderson**

I go to Focus 10 and then up to Focus 12. I begin to feel the vibrations and subtle energy changes in my body as my body begins to get lighter and lighter.

There is pressure on my right knee. A tingling, but I do not know its meaning. I find myself in Focus 15. I go to I-There and meet at the crystal. I hold hands with the others that are there and all at once, we step into the crystal. We sink to the core of the earth where the energy of "all that is" is present. There is a pulsation and I feel my heart beginning to pulse with the vibrations of Mother Earth herself. We are all one and in tune. I say I am here to gather more information and learn. I ask what ability is there for human consciousness to learn and how can we develop it?

I feel a pressure in my left temple as information begins to enter. It is a ROTE and I try to unravel it in such a way that will make sense. This is what I received:

*As the universe as you see it begins to enter more and more of the shifting of energies, mankind will become more and more sensitive to her subtle changes. There will be harmony that has never been experienced before on Gaia. However, before the harmony arrives, there will be chaos as alignments and shifts occur not only in what you perceive as individual people, but with Gaia herself.*

*There will be a new awareness, a new ability to perceive changes in energies and energy patterns. As the human body becomes more subtle in its frequencies, the veil, as you call it, will begin to lighten and thin. Its diaphanous texture will become alive with lights. It is as a fog, but it will be lit from both sides of the veil and will allow for more communication to transpire.*

*Your scientists of today will have the proof they seek. There will be an understanding born of this shift that will alleviate the fears and sorrows of those who have had loved ones cross over. There will be a dissipation of fear. The world will be filled with this light which will be filtered in through the thinning veil.*

*The evolution of your species will be in the direction of more highly sensitive beings. You will know that time is of your making and not real. You will sense the other lives you have participated in. You will begin to understand that all things happen at one time, not in sequential order as you have been instructed to believe.*

*Language via the vocal chords will become less important, for people will learn to accept the senses that they were born into this world with. You will be able to see the thoughts and feelings of others as you see their energy patterns. This, my friends, will be the ability that you will have as the evolution of your species continues.*

I ask what we can do to encourage/develop these skills.

*It is happening even now, whether you encourage it or not. All over the world, people are beginning to wake up and re-member who they truly are. To help this process, learn to trust what your body tells you, not your mind. Allow the truth to unfold. Do not try to do anything, but learn to let it flow and accept what you receive.*

I give my thanks for the information and find myself slowly floating out from the core of the earth, back to the interior of the crystal. I send my love and thanks to all around. I find myself drifting back to C-1.

And, thus, the meditation experience ended. After reading this, seven and one-half years later, my first thought was that I needed to “clean it up” for this article, but I decided against that. I needed to share it in its pure form. I never realized my message would make such an impact that someone would actually print it and keep it with them.

Now, let's get back to June of 2016. After seeing Fred at the Journeys program, I asked him to share his copy of the meditation with me; it was long since forgotten on my part. What he provided me is what I've shared in this article.

Reading my words from seven years ago surprised me. I would not have guessed that I was even aware of the changes in the Earth's energy field and the birthing of a new awareness both for Gaia and humanity. Again, this was in January of 2009, several years before the infamous 12-21-2012 date.

But, what is more important is the ripple effect, or to what I now refer to, in honor of Fred Rible, as the Rible Effect that our words have on others. It's interesting, even as I write this article, I have never asked Fred why he kept the message. What was it about this message that touched him in such a manner that he was compelled to print it and keep it with him?

The answer to this question is the mystery—the mystery of how we go about our lives, day to day, affecting others with our words—written or spoken. What we may think of as inconsequential may provide an answer to a question someone is seeking. The energy behind our words carries well beyond the actual words that are spoken or shared in written form. This energy is very powerful. It can be used to hurt, yet also to heal. The energy stays with the recipient via the Rible Effect field. Let us all be mindful, not only of the power of the spoken or written word, but of the powerful energy of the words that compose our thoughts.

Each human is a power source, always emitting energy through our words, thoughts, and actions. Let us be mindful of this most divine and power source within us. Let us put forth upon Gaia, the higher vibrational waves of energy that are comforting and uplifting. What you think of as an inconsequential message has the power to touch the heart of others—remember the Rible Effect!

